

	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8
GMT-05							
4am							
5am							
6am							
7am				Foundational Yoga 7am, 3066 NY-22			
8am							
9am	Foundational Yoga 8:15am, 3066 NY-22			Slow Flow Yoga 8:15am, 3066 NY-22			Foundational Yoga 8:15am, 3066 NY-22
10am	Zen Yoga (Chair & Floor) 9:30am, 3066			All Level Vinyasa Yoga 9:30am, 3066 NY-22			Restorative Yoga 9:30am, 3066 NY-22
11am	Family Yoga C 10:45am, 3066			Chair Yoga 10:45am, 3066 NY-22			Chair Yoga 10:45am, 3066 NY-22
12pm							Zen Yoga for Teens 12pm, 3066 NY-22
1pm							
2pm							
3pm							
4pm				Chill-dren's Yoga 4pm, 3066 NY-22		All Level Vinyasa Yoga 4pm, 3066 NY-22	
5pm							
6pm				Foundational Yoga 5:30pm, 3066 NY-22		Restorative Yoga 5:30pm, 5 Dover Village Plaz	
7pm				Restorative Yoga 6:45pm, 3066 NY-22	Evening Vinyasa with Deb 7pm, 3066 NY-22	Zen Fusion Yoga 6:45pm, 3066 NY-22	
8pm							
9pm							
10pm							
11pm							

Hudson Valley
Holistic Holiday Market
10am - 5pm
849 NY-52,
Fishkill, NY
12524, USA

